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**EXOTIC CUISINE
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 FRITTERS** (page 12)



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 SOME ADVICE
 FOR SHEEN**
 (page 10)



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'Severe crisis'

- ▶ Prime Minister Stephen Harper offers support and assistance to Japan after quake
- ▶ Military vessel rescues 60-year-old man floating to sea on the roof of his house

Japan's prime minister called Friday's 9.0-magnitude earthquake and subsequent tsunami the worst crisis the country has faced since the atomic bombs fell.

More than 10,000 people are estimated dead in the wake of the disaster, with many still missing and more injured. In Minamisanrikucho, a town on the north coast, nearly two-thirds of the population — 10,000 people — have not been heard from since the tsunami rolled over it.

"This is Japan's most severe crisis since the war ended 65 years ago," Prime Minister Naoto Kan told reporters, as people on the devastated coast grappled with their

How you can help

▶ The Red Cross is encouraging Canadians to support its relief efforts by donating redcross.ca/helpnow, the local Red Cross office, or by calling 1-800-418-1111.

third straight day without water, electricity and proper food.

Temperatures along hundreds of kilometres of the northeastern coast began sinking towards freezing yesterday, as rescuers pulled bodies from destroyed homes and cars.

To make matters worse, Japan's weather agency issued a warning yesterday that the Shinmoedake volcano has resumed eruptions of ash and rock.

Acting Premier Bill Estabrooks and Mayor Peter Kelly offered their condolences in statements on Friday.

"The earthquake and tsunami were devastating and we can only hope those who need help will get it as quickly as possible," said Estabrooks.

● METRO/WITH FILES FROM THE CANADIAN PRESS
 SECOND EXPLOSION ROCKS JAPAN'S FUKUSHIMA DAI-ICHI NUCLEAR PLANT AMID WARNINGS OF POSSIBLE SECOND TSUNAMI, PAGE 5.

Libya Rebels lose stronghold to Gadhafi

▶ International community still no closer to enforcing a no-fly zone ▶ Anti-Gadhafi forces flee town of Brega under heavy attack (page 6)

Life with a preemie

Raising a premature baby can be a roller-coaster ride for parents (page 11)



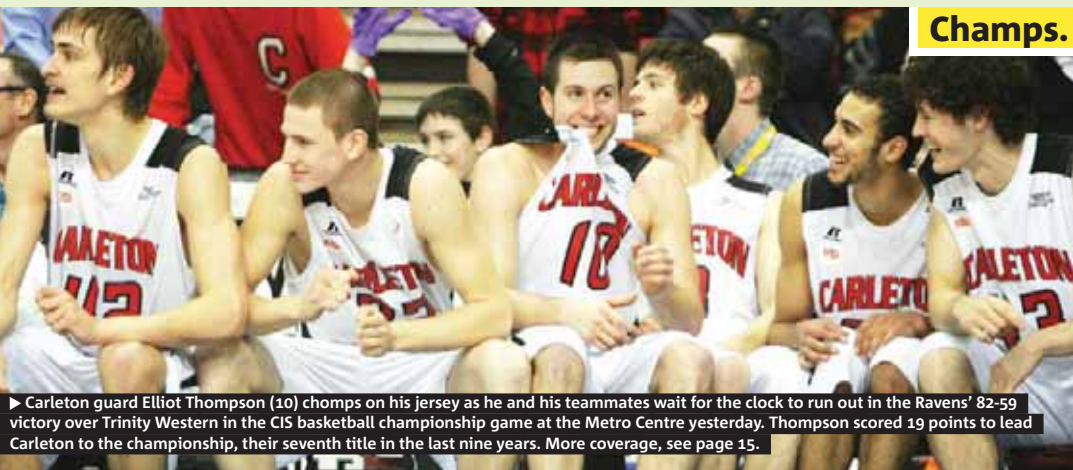
Not paved with good intentions

Columnist Stephen Kimber takes advocates to task (page 8)

Local musicians play on the ferry

Part of movement to bring music to new places (page 4)

Champs.



▶ Carleton guard Elliot Thompson (10) chomps on his jersey as he and his teammates wait for the clock to run out in the Ravens' 82-59 victory over Trinity Western in the CIS basketball championship game at the Metro Centre yesterday. Thompson scored 19 points to lead Carleton to the championship, their seventh title in the last nine years. More coverage, see page 15.

RYAN TAPLIN/METRO

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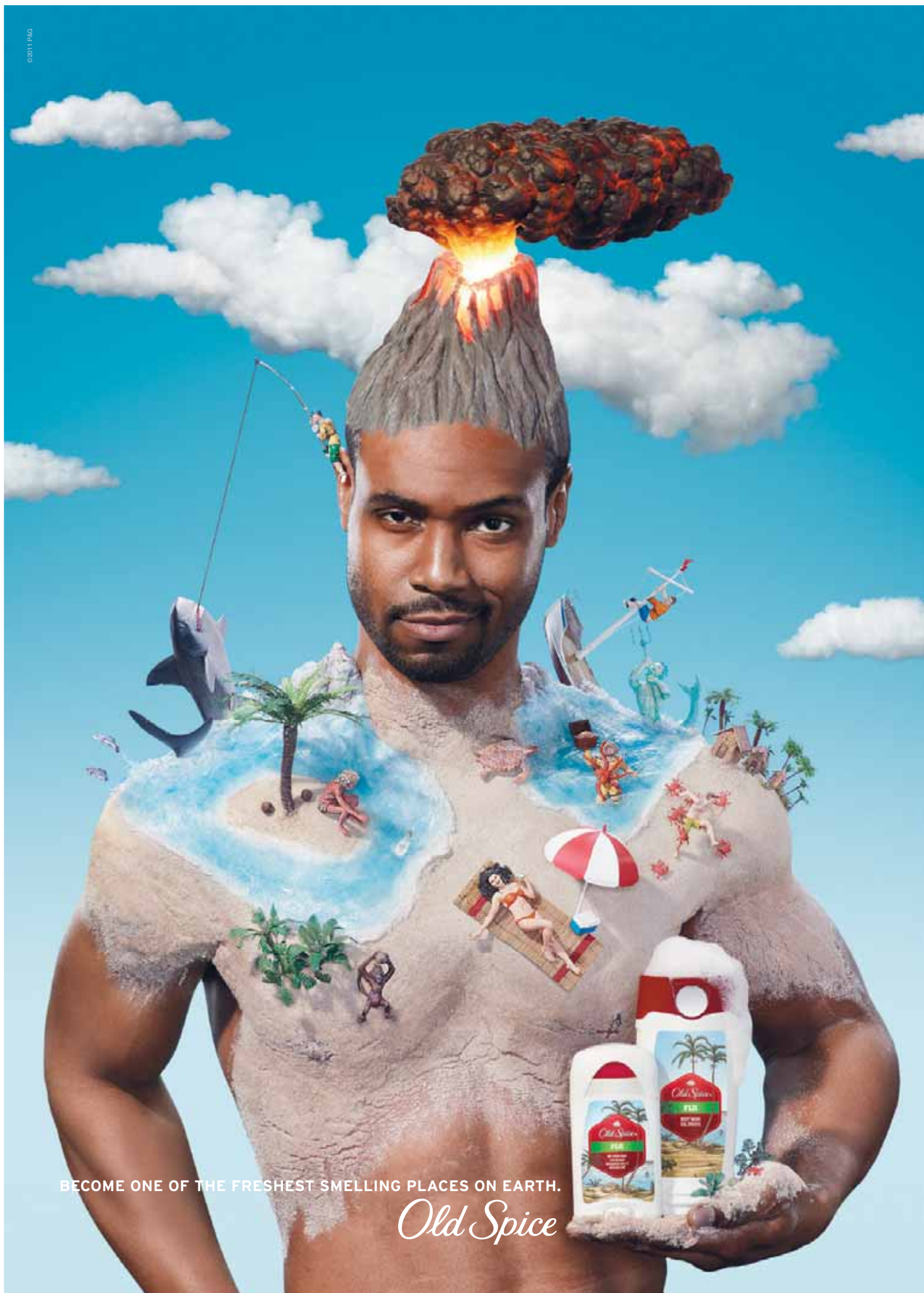
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Old Spice

Halifax teacher slapped with child porn charges

A Halifax elementary school teacher is facing child pornography charges.

A police news release says Adriano Gerald Benigno, 40, will appear in Halifax provincial court on April 26 on charges of accessing, possessing and making available child pornography.

Officers from the integrated vice unit searched a house Friday at Raleigh Court in Halifax.

The release says they seized computer equipment and arrested Benigno without incident.

Doug Hadley, a spokesman for the Halifax school board, said in an email that Benigno is a teacher at St. Stephen's elementary school in Halifax.

THE CANADIAN PRESS

Teen shot in city's west end

A 16-year-old Halifax youth was shot in the shoulder Friday night as he and a friend were walking in the city's west end near the intersection of Bayers Road and Romans Avenue.

Police say the victim and his 17-year-old companion were taken to hospital after they flagged down a passing ambulance.

The injury is not life-threatening.

Police say neither teen has been co-operative, telling investigators they did not see who fired the shot.

THE CANADIAN PRESS

Lazy. Sunday



► Michelle Goueffic and John Thomas enjoy the day yesterday on the Halifax-to-Dartmouth ferry after a night of dancing. Temperatures reached 9 C and will remain high throughout the week.

KRISTIE PEARCE/FOR METRO

Sign of spring as mercury goes up

Victim dies from injuries

► HRP yet to locate the weapon used in the incident ► Police say stabbing began as an argument in victim's apartment in Fairview



ALEX BOUTILIER
@METRONEWS.CA

A 55-year old man found stabbed in his Fairview apartment last month has succumbed to his injuries.

Now his autopsy may lead to further charges being laid against his alleged assailant. Halifax Regional Police were called to an apartment building on Titus Street in Fairview on Feb. 23. Arriving just after

9 p.m., police found the man suffering from multiple stab wounds.

He was rushed to hospital with life-threatening injuries, and died on Friday afternoon.

At the time, police did not know the motivation behind the attack but said the two men knew each other.

Just before midnight on Feb. 23, police located a 45-year-old man at a resi-

dence on nearby Mandaville Court. He was arrested without incident.

Arnold Albert Greene of Halifax appeared in court on Feb. 24 on charges of attempted murder, uttering threats, robbery and possession of a weapon for a dangerous purpose. After the autopsy, HRP will consult with Public Prosecution Services concerning potential new charges.

Autopsy results

- 1 The autopsy report, expected sometime today, will formally state if the victim died as a result of the stabbing.
- 2 Until that ruling, police cannot speculate on any new charges Arnold Albert Greene may face.

1

news


Quake-hit Japan's reactor meltdowns raise concern in Canada's nuclear industry. Scan code for story.

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- 3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Disaster in Japan and an unexpected commodities pullback may mean a rough ride for investors this week. Video at metronews.ca

Join your community in the fight against cancer.

Every year, friends, family and colleagues across Nova Scotia come together at the Canadian Cancer Society Relay For Life to celebrate cancer survivors, remember lost loved ones and fight back against cancer. We need you to join the fight too!

Register for your local Relay For Life at cancer.ca/relay

There are 22 Relay For Life events taking place across Nova Scotia in June. Your local HRM events are:

HALIFAX, JUNE 3
Halifax Commons

THE BAY (TANTALLON), JUNE 4
Sir John A MacDonald High School

EAST HANTS, JUNE 10
Enfield/Elmsdale District Lions Club

SACKVILLE, JUNE 10
Metropolitan Field

EASTERN SHORE, JUNE 17
Eastern Shore Community Centre, Musquodoboit Harbour

DARTMOUTH, JUNE 24
CFB Shearwater



celebrate remember fight back

Hitting a high note on Halifax ferry ride

► Canadian Music Centre presents Metro Drift, a live musical experience performed on Halifax-to-Dartmouth ferry ► This is the fifth year the Canadian Music Centre has organized performances across Canada



KRISTIE PEARCE
HALIFAX@METRONews.CA

In addition to luxuriating in the warm weather, ferry riders spent part of their afternoon yesterday listening to a live musical performance.

Local performers played two sets of four 12-minute pieces composed specifically for the length of the ride. The presentation was a part of New Music in New Places, a series run by the Canadian Music Centre.

"I've seen places where they have art on subways or art on buses, and it's always super-refreshing to go to a place and experience something cultural," said Nicole Bertram, who rode the ferry four times with her husband and eight-month-old daughter to catch the whole show.

Shawn Bostick, Atlantic regional director of the CMC, said the event's pur-

"I think it's a brilliant, brilliant idea. I'm really in love with the idea of doing art in new and interesting places."

MICHAEL ROBSON, A COMPOSITION MAJOR AT DALHOUSIE UNIVERSITY

pose is to bring music out of its traditional concert-hall setting and into a new one for a new audience. All of the improvisation-based pieces were written by local composers for the keyboard, trombone, guitar, clarinet and percussion.

"We're basically taking the opportunity to expose people to something that they might not be otherwise exposed to," Bostick said.

The next show for the Atlantic region will be at the Charlottetown airport on Friday.



► Trombone player Eric Mathis performs locally composed music on the Halifax-to-Dartmouth ferry yesterday afternoon.

School board looking to shrink budget

The Halifax Regional School Board is already trying to cut between two and four per cent of its budget for 2011-2012.

And depending on how Halifax regional council votes tomorrow, HRSB may need to find more savings than that.

A report to be tabled at tomorrow's council session recommends renewing a four-year agreement

between the municipality and HRSB for supplementary funding.

But the report recommends reducing the funding by \$450,000 every year for the next four years.

"In considering the renewal of the agreement, the value of education to Halifax cannot be underestimated," the report says.

"At the same time, education remains a provincial responsibility. HRM has no mandate or responsibility for education and cannot direct the school board as to how to spend funds."

The supplementary funding agreement was established in 2007 to enhance regular educational services provided through provincial funding. Over

the four-year life of the agreement, funding has decreased consistently by \$450,000 per year, for a total reduction of \$1.8 million.

A key aspect of the 2007 agreement was a continued emphasis on arts and music programs.

The supplementary funding is raised through area tax rates. Any savings over the next four years

would be reflected in those tax rates, and would not automatically be transferred for providing other municipal services.

In February, Education Minister Ramona Jennex announced the province's eight school boards will have to find an average of 1.65 per cent budget cuts. They also must absorb inflationary pressures, bringing the real cost to

\$20.4M
is the amount of supplementary funding for education in 2007-2008.

about four per cent, according to Nova Scotia School Boards Association president Vic Fleury.

● ALEX BOUTILIER

Woman mugged taking out trash

A 33-year-old woman was taking out her garbage when she was mugged in her Dartmouth neighbourhood on Saturday, police say.

A man walked up behind her and pushed her to the ground. He grabbed her shoulder bag and ran

off in the direction of Windmill Road and Farrell Street.

The victim wasn't injured.

The suspect is described as a white man, about six feet tall, with a thin build.

● JENNIFER TAPLIN

Keep the government out: Pavers

A coalition of Nova Scotia road-building companies called on the province Friday to get out of the paving business, saying government "has no business in business."

During a news conference the group — includ-

ing the Nova Scotia Road Builders Association, the Trucking Association of Nova Scotia and the Mining Association of Nova Scotia — said they don't believe the government plan would save taxpayers money or create competition. The road builders said that of 13 road tenders called so far for the upcoming paving season, 10 have had more than four bidders.

THE CANADIAN PRESS

Committee wants minimum wage up

Nova Scotia's minimum wage review committee is recommending the rate be raised by 35 cents an hour to \$10 starting Oct. 1.

The province says it will make a decision after it weighs feedback from business and the public.

People have until April 11 to submit comments.

Beginning in 2012, the committee wants the minimum wage to be adjusted annually on April 1 and tied to the consumer price index of the previous year.

THE CANADIAN PRESS

Nuclear fears grow

▶ A freighter sits on a breakwater beside a building in Kamaishi, Iwate Prefecture, in Japan, two days after the area was hit by a catastrophic earthquake and tsunami. Friday's 9.0-magnitude quake is the most powerful recorded in the country's history.



THE ASSOCIATED PRESS/KYODO NEWS

▶ Hundreds of thousands wait for help in emergency centres cut off from rescuers ▶ At least 1.4 million households have gone without water since quake hit

A 76-year-old missionary from Quebec has been identified as a victim of the earthquake and tsunami in Japan.

Andre Lachapelle, a member of the Quebec-based Society of Foreign Missions, was in Sendai when the quake hit.

Lachapelle tried to return to his home a half-hour drive away, but never made it. He was taken to hospital where he died of a heart attack.

"He wanted to be with his community," Eloy Roy, a colleague with the organization, said Sunday.

The Quebecer resided in Japan for more than 40 years.

"He was very involved," Roy said. "He was a man of reflection and study, and worked very deeply

with the gospel."

Meanwhile, officials along a stretch of Japan's northeastern coast warned residents that the area could be hit by another tsunami today and ordered them to higher ground. But the Meteorological Agency said there was no risk of another deadly wave.

The warning came as an explosion rocked the nearby Fukushima Dai-ichi nuclear power plant. The blast was felt 50 kilometres away by Associated Press journalists in Soma, where residents fled the town for safety.

TV footage showed a column of smoke from the Fukushima Dai-ichi nuclear plant's No. 3 unit, 190 kilometres north of Tokyo. Japanese officials

1,500 About 1,500 people have been scanned for radiation exposure.

believe it was a hydrogen explosion similar to an earlier one in the facility. Japan's chief cabinet secretary says the reactor's inner containment vessel holding nuclear rods is intact, allaying some fears of the risk to the environment and public.

More than 180,000 people have evacuated the area. Tokyo Electric Power Co. says three workers have been injured and seven are missing.

Officials have confirmed that at least 1,800 have died since the disaster struck.

THE ASSOCIATED PRESS

Khadr should be extradited: Ottawa

A terrorist collaborator is walking the streets because a Canadian judge wrongly decided to stay extradition proceedings against him, the federal government says.

In documents filed with Ontario's highest court before an upcoming appeal hearing, Ottawa says Abdullah Khadr should be handed over to the United States to face terror-related charges.

Instead, by ordering the stay, Ontario Supreme Court Justice Christopher Speyer put Canada's security at risk and hindered the fight against terrorism, the government argues on behalf of the U.S.

The U.S. wants to try the Ottawa-born Khadr, whose younger brother Omar is serving time in Guantanamo Bay, on charges of supplying weapons to al-Qaida in Pakistan.

Khadr's lawyers argued



COLIN PERKEL/THE CANADIAN PRESS

▶ Abdullah Khadr is shown outside court in Toronto last August.

Confession

▶ The American case against Abdullah Khadr, a Canadian citizen who turns 30 next month, is based on three self-incriminating statements Khadr gave: two to the FBI and one to the RCMP.

say. "Justice Speyer found that allowing the matter before him to proceed would tarnish the integrity of his court."

The judge stayed the proceedings last August on the grounds that American conduct in Khadr's arrest had been egregious.

The judge noted the U.S. had put up a \$500,000 bounty on Khadr, interfered with his access to Canadian consular officials and delayed his return to Canada by six months.

THE CANADIAN PRESS

for the stay on the grounds that his self-incriminating statements were the product of torture in Pakistan in which the Americans had been complicit.

In their factum filed last week, they argue Washington's appeal submissions have no legal merit and play on fears of terrorism.

"These proceedings would not exist but for the U.S.A.'s misconduct," they

mation system.

"Canada's fee regime is ... outdated and does not reflect new technologies

and formats," says an internal analysis by the Treasury Board.

THE CANADIAN PRESS

Accessing info may get pricier

Ottawa may be considering hikes in user fees to "control demand" to Canada's access-to-infor-

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Rebels lose stronghold to Gadhafi

State forces topple fighters in Brega

Moammar Gadhafi's forces drove rebels from one of their final strongholds on Libya's main coastal highway yesterday after hours of assaults from the air, land and sea.

Rebels said they were fleeing the oil town of Brega under heavy attack, losing a vital source of fuel for their vehicles.

If Gadhafi's string of successes continue, he will soon face the choice of moving swiftly toward Benghazi and the prospect of a devastating battle.

"Benghazi doesn't deserve a full-scale military action," army spokesman Milad Hussein told reporters in Tripoli. "They are a group of rats and vermin and as soon as we go in, they will raise their hands and surrender."

THE ASSOCIATED PRESS

Reaction to Libya

The international community is no closer to enforcing a no-fly zone.

The Arab League asked the UN Security Council to impose a no-fly zone, but the U.S. and allies expressed deep reservations about a tactic that would require them to destroy Gadhafi's air defences and shoot down his planes.

U.S. Secretary of State Hillary Rodham Clinton yesterday planned to see foes of Gadhafi in Paris to assess their capabilities and intentions.

The UN and NATO also were no closer yesterday to imposing a no-fly zone.

Irish. Parade.



Participants in the St. Patrick's Day parade look on as the Chicago River is dyed green on Saturday.

PAUL BEATY/THE ASSOCIATED PRESS

Flowing green spirit

The Chicago River was dyed green on Saturday to get ready for the St. Patrick's Day parade. Though organizers keep the dye formula a secret, they say it has been tested by chemists and is safe for the environment.

Police probe deadly tour bus accident

Police were investigating a bus driver's claim that he was driven off a major highway before his bus slid into a signpole that sheared it end to end, killing 14 people and leaving others maimed in a horrific scene of blood, jumbled bodies and shattered glass.

The driver, Ophadell Williams, told police that a tractor-trailer clipped his World Wide Tours bus just as it crossed the city line on a trip from the

Mohegan Sun casino in Connecticut. But state police said witnesses told them Williams was speeding before Saturday morning's crash on Interstate 95.

Though dazed, about seven people were able to walk away from the wreck on their own. As many as 20 people were treated at area hospitals. Nine victims, including the bus driver, remained hospitalized yesterday.

THE ASSOCIATED PRESS

Kandahar raid nets Taliban leader, kills Karzai's cousin

The shooting death of Afghan president Hamid Karzai's cousin was a tragic accident, but the overnight raid during which it occurred was justifiable because it netted a Taliban leader responsible for car bombs in Kandahar city, an American military commander said yesterday.

Hours after he took command of the Kandahar district of Dand — a region within Canada's area of operations — Lt.-Col. Douglas Sims said the military regrets last week's fatal shooting of Yar Muhammad Karzai.

The 63-year-old was killed in the village of Karz during an operation Wednesday night by NATO troops in Dand, a relatively stable district south of Kandahar city.

THE CANADIAN PRESS

ADVERTISING FEATURE

Atlantic Sleep Apnea Services celebrates 10 years in business

Atlantic Sleep Apnea Services was established in 2001 to meet the growing need for treatment in sleep disorders.

Sleep apnea is as common as adult diabetes and affects more than 12 million people according to the National Institute of Health. Sleep Apnea can strike anyone at any age but the vast majority remains undiagnosed and therefore untreated.

90% of people who have sleep apnea don't know they have it! Episodes of choking or gasping for air may occur hundreds of times throughout the night. You probably will not have any recollection of struggling for breath. It is usually the bed partner who first notices that the person is struggling to breathe. "Our patients come in ex-

hausted and looking for help," says Betty MacDonald (office manager). "People are amazed at how much their life is affected by their poor quality of sleep."

Clinical studies have shown a link between sleep-disor-

Affiliated with Atlantic Sleep Institute: Board Certified Sleep Medicine Specialists. Available for Consultation, Level I, Level III Sleep Testing. Experts in All Sleep Disorders.

dered breathing and many medical problems such as chronic pain syndrome, adult diabetes, high blood pressure and stroke, but the majority are just plain tired!

You can visit Atlantic Sleep Apnea without a referral from your doctor. However, doctors are often a first-line of defense. They will work to diagnose sleep apnea based on your symptoms, medical and family histo-

ries and a physical exam. A Sleep Study is used to determine if you indeed suffer from a sleep disorder. There are two types, either an "in-home study" or "in-lab study". With a referral from your doctor, it will be determined what sleep study is best suited for you.

"Our patients feel very welcome here and know they can discuss their needs with our staff," says MacDonald.

"We offer the latest equipment and therapies. Our follow up care is exceptional, we are always here for our patients"

Testimonial

Two years ago, I was accused of keeping the whole neighborhood awake at night with my buzz saw snoring. Today, I am probably the quietest healthiest sleeper on the block thanks to Atlantic Sleep Apnea of Lower Sackville. A friend suggested I check them out and

I found a very professional, caring, helpful staff who were there for ME!

My breathing has improved greatly and I have more energy. Even my attitude has changed for the better. I would highly recommend to anyone who

needs this type of help to talk to the helpful staff at Atlantic Sleep Apnea. You'll see what service, professionalism and caring really means.

Thank you Atlantic Sleep Apnea!
Bill - Lower Sackville



(Top left) Office manager Betty MacDonald helps fit a patient with a unit to treat sleep apnea. (Bottom left) Carol Ann Christal is one of the friendly staff members at Atlantic Sleep Apnea Services. (Right) Darrell Kline is one of the co-owners of Atlantic Sleep Apnea Services.

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MARCH IS SLEEP
AWARENESS MONTH

Super-fast networks to debut this fall

► Bandwidth consumption exploding as mobile apps take hold ► Carriers introducing 4G technology

Wireless carriers in Canada are making their networks even faster to meet the demand from smartphones and devices used by laptops to connect to the Internet.

Bell and Telus have upgraded their networks, not even two years old, to faster fourth-generation, or 4G, technology, while Videotron, MTS and Sask-Tel are on the same path.

But there have been arguments about whether these networks are truly 4G, and international standards have been relaxed recently to allow carriers to say they are operating such networks once they enhance their networks.

4G

Technology analyst Duncan Stewart says a number of 4G devices should be in Canada by the fall, but initially there will be more Internet modems than smartphones.

Rory Altman of consulting group Altman Vilandrie & Company said carriers are "fibbing a little bit" about having 4G networks already, but noted they are faster for streaming video, loading graphics and opening big email files.

Rogers says it also has 4G speed but is committed to long-term evolution technology, which is expected to give mobile users an even faster experience, about the equivalent of a home Internet connection.

Bell and Telus are also testing LTE technology, while carriers such as Wind Mobile say they are on the path to an LTE network.

"All of this stuff about 'faux' G is really marketing," says Duncan Stewart, director of Deloitte Canada Research. "But if you want to browse the web and especially look at videos you need higher speeds."

THE CANADIAN PRESS



► Ayano Tominaga of Tokyo waits in line on Friday to buy an iPad 2 at the Apple store on Fifth Avenue in New York. Tominaga arrived on Thursday — before the earthquake struck her country — just to buy the iPad 2 and was planning to return on Saturday.

CONSUMERS MAD FOR PAD

The iPad 2 tablet computer went on sale Friday and was greeted by the now-familiar lines of buyers outside Apple stores. When the original iPad went on sale last April, Apple

said it sold more than 300,000 in the first day. It ended up selling more than 15 million in the first nine months. The iPad 2 goes on sale in Canada on March 25 in 26. THE ASSOCIATED PRESS

Market moment

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Oil	Natural gas
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Colombia	Mexico	U.A.E.
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NOT PAVED WITH GOOD INTENTIONS

Urban Compass

STEPHEN KIMBER



So let me see if I have this straight.

The Canadian Taxpayers Federation, which prides itself on being the fists-up, fang-baring defender of down-trodden taxpayers, has its knickers righteously twisted because the province says it can save taxpayers \$4.7 million a year.

Uh ... this does not compute. Or perhaps it does.

Some background. Nova Scotia's Transportation Department believes private companies are overcharging — by up to 50 per cent — for roadwork in some rural areas because there was no, or little, competition.

The short version: They were profiteering because they could. So the department decided to

get back into the business — to provide competition in places where there wasn't any, save taxpayer bucks and have more funds to do more roadwork on more roads.

The wounded howls from the Nova Scotia Road Builders Association — some of whose members, one would assume, had happily licked that honey pot — were predictable.

So, too, was the predictably Pavlovian, "government-bad" response of the so-called Canadian Taxpayers Federation.

Instead of upbraiding the road builders for ripping off

taxpayers, the federation hopped into bed with them, then snuggled up close.

"Instead of upbraiding the road builders for ripping off taxpayers, the federation hopped into bed with them, then snuggled up close."

It accused government of "colluding" with its highway workers' union because the department had asked the union in advance how its new public paving scheme might affect the collective agreement.

Sounds prudent to me. (When government talks with corporate lobbyists, the federation calls it "consulting," and

thinks it's a fine idea.) It also attacked highway workers personally. The federation claimed private-sector flag

workers earn \$12 an hour — probably even if their employer has inflated a bid — while a public-sector flag person sucks up a bloated \$16 an hour.

But let's ask ourselves: What's so bad about that?

Perhaps the still-hardly-rich flag worker will use their extra \$4 extra to buy groceries or school supplies locally, not to forget contributing a few thousand extra in taxes to the public good.

Compare that with what might happen to the bloated profits a paving company can skim from uncompetitive bidding, which is as likely to be spent on a Caribbean cruise as school supplies, and more likely to be sheltered from the tax man.

Thanks for nothing, Canadian Taxpayers Federation.

Cartoon

MICHAEL DE ADDER



Casting a wider relief net

Worth mentioning

Canadian web surfers are reaching into their pocketbooks to help with the relief effort in Japan.

The Canadian Red Cross says online tools like Twitter and Facebook have increased awareness of the disaster and encouraged people to donate.

The humanitarian group has already raised approximately \$1 million since Friday.

Four other charities — CARE Canada, Oxfam Canada, Oxfam-Quebec and Save The Children Canada — have formed a group called the Humanitarian Coalition and began accepting donations Saturday.

Helping hands



IT'SU INOUE/THE ASSOCIATED PRESS

The group says that while the Japanese government is well-prepared to respond to an earthquake, Canadians also want to help.

Doctors Without Borders says it hasn't decided whether to set up a program in Japan even though it already has a 10-person team on the ground.

"If there is enough medical needs, we will start a medical program," said spokesman Gregory Vandendaelen.

The Salvation Army has allocated \$75,000 to help in Japan, while other organizations such as World Vision Canada and UNICEF are accepting donations to their general relief funds. **THE CANADIAN PRESS**

Do you think natural disasters are rising? Why?

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Metro Minute with Lemmy

For one night only, check out a documentary on legendary Motorhead frontman Lemmy Kilmister tonight.

Lemmy is hailed as a "fascinating look behind the curtain at a figure and lifestyle that, for their fan base, are often more driven by the iconography than the reality. The film manages to respect the cre-

ation that is Lemmy while showing us the man."

The documentary includes interviews with Alice Cooper, Joan Jett, Metallica, Ozzy Osbourne and Mick Jones of The Clash, to name a few.

It will start at 7 p.m. at the Empire Cinema Park Lane.

Tickets are \$10.

● METRO



COURTESY OF MARK MAREX PHOTOGRAPHY

► Lemmy, a documentary about Motorhead frontman Lemmy Kilmister, will screen tonight at 7 at the Empire Cinema Park Lane.



► Red Riding Hood director Catherine Hardwicke with actor Gary Oldman.

Creating a fairy tale

► Director Catherine Hardwicke talks about her long love for the story of Little Red Riding Hood ► She enjoyed being able to expand on the fears and emotions of the story



PHIL BROWN
SCENE@METRONEWS.CA

Catherine Hardwicke began her career as a production designer on films like *Three Kings* before transitioning into directing with *Thirteen*. With that auspicious debut, she instantly became one of the premiere female directors in Hollywood and entered the blockbuster arena in 2008 when *Twilight* became a surprise \$390-million hit. Hardwicke made a re-

"I loved that we could take a story everyone knows and add on layers that no one would expect."

DIRECTOR CATHERINE HARDWICKE

turn to the big screen with *Red Riding Hood*, a gothic horror adaptation of the classic fairy tale that in an odd way might be her most personal project.

"I loved the fairy tale when I was little and made my mother make me a red cloak so I could be Little Red Riding Hood on Halloween for two years

straight," the director told Metro. "So I guess it's stirred into my blood."

"I was excited by this script because it went back to an old less sanitized version of the story. I liked the darkness and thought it was filled with opportunities."

In Hardwicke's hands, the film becomes a more

frightening tale involving a werewolf as well as a love triangle that should please her *Twilight* followers. In other words, this isn't the bedtime story you remember.

"I think fairy tales take complicated childhood fears and emotions and play them out in an extreme way," explained Hardwicke. "They let children face their fears instead of pretending that's irrational. So pushing the story slightly into horror wasn't much of a stretch."

Following a film that required absolute reverence to the source material to appease squealing fans, the director relished the opportunity to take this classic fairy tale into any direction that she pleased.

"In *Twilight* I couldn't stray far because of the fans, but the great thing about a fairy tale like this is that there is no definitive version," said Hardwicke. "I loved that we could take a story everyone knows and add on layers that no one would expect."

2

scene

Box Office



The sci-fi action film *Battle: Los Angeles* topped the weekend box office with a strong debut of \$36 million US, according to studio estimates yesterday. In its second week of release, the animated *Rango* came in second, with \$23 million. *Red Riding Hood* debuted to \$14.1 million. Disney's animated 3-D family film *Mars Needs Moms* opened to a disappointing \$6.8 million.

THE ASSOCIATED PRESS



Helen Mirren joins other theatre stars to protest U.K. arts funding cuts. Scan code for story.

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Girl power gets boost

► Will new baby be as 'posh' as mom? Or will she bend it like Beckham and take women's football by storm?

David and Victoria Beckham are officially expecting a daughter, the soccer star announced, according to People magazine.

"Obviously, we're very lucky to be expecting again, and this is the first

time I'm going to say it: It's a little girl," Beckham said at an L.A. Galaxy fan event.

"We're still in shock. Obviously, having three boys, you kind of expect another one, so finding

out a little girl is in there is surprising, but, obviously, we are over the moon. Our three boys are happy and excited, and Victoria is doing well." The baby girl is expected in July. ● METRO



► Victoria Beckham at London's Heathrow Airport Terminal Saturday showing a healthy baby bump.

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(Presentation will begin at 6:30PM, doors will close at that time)

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Talking points

Baldwin gives Sheen pointer on winning

PEOPLE. Alec Baldwin is chiming in on the Charlie Sheen debacle, offering the infamous Two and a Half Men star some career advice, whether he wants it or not.

"You can't win. Really. You can't," Baldwin writes in an editorial for the Huffington Post, addressing Sheen.

"You know what you should do? Take a nap. Get a shower. Call (Two and a Half Men creator) Chuck (Lorre). Go on Letterman and make an apology. Write a huge check to the B'Nai Brith. And then beg for your job back."

● METRO

Mel pleads no contest to misdemeanor

After being formally charged with misdemeanor battery for allegedly hitting ex-girlfriend Oksana Grigorieva, Mel Gibson pleaded no contest to the charges in court Friday, according to Radar Online.

The Oscar-winner received three years probation and was ordered to attend counselling and a domestic violence program for one year. Gib-

Celebrity tweets



Tyra Banks
[@tyra-banks] Totally random: I'm

writing my book MODEL-LAND right now, pondering kangaroos. Fem 'roos have pouch for baby. Why Male 'roos have pouch?



Ben Stiller
[@Red-HourBen] Sending good

thoughts and prayers to people of Japan.



Chris Colfer
[@chriscolfer] You know you have OCD

when you've yelled "Oh look! The Container Store!" on more than one occasion.



Steve Martin
[@Steve-Martinto-go] I told trusting

wife that I'm playing banjo on Letterman Wednesday. She said she would watch. Now I have to book Letterman and learn banjo. ● METRO

son must also complete 16 hours of community service and pay a small fine. "He's entering this plea because it was in the best interest of his children," Gibson's attorney said of the decision.

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► Having a premature child isn't just a medical emergency, but also a family emergency as parents deal with conflicting and confusing emotions about the obstacles that may lie ahead

Raising preemies: An emotional roller-coaster



► Melissa Orlando with her twin daughters, Fiona and Mallory, who were born premature.

My wife, Ivandy, wasn't due to deliver our son for another three months when her water broke. Nicholas was born weighing just two pounds, two ounces.

The neonatal intensive care unit (NICU) became our second home. As parents of a preemie, we were plunged into a community of experts that we hardly knew existed. And we had to learn to cope not just with our son's needs, but also with our emotions.

About 12.9 million pre-

mature babies are born around the world each year. But only recently have doctors started looking beyond survival and focused on improving outcomes for premature children outside the NICU.

Children born prematurely may have learning disabilities, attention deficits, vision and hearing problems, respiratory illnesses or other conditions.

Doctors are also finding the trauma of a premature birth can be devastating to parents, who may suffer

from depression and anxiety disorders such as post-traumatic stress disorder.

"Prematurity is not just a medical crisis, it's a family crisis. There are confusing emotions," says Mara Tesler Stein, a clinical psychologist and co-author of *Parenting Your Premature Baby and Child*.

Stein compares parents' experience of grieving after the birth of a premature child to that of losing a loved one — a confusing emotion when you are gaining a loved one.

Most parents agree that the hardest part of having a premature child is leaving him or her alone in the NICU.

"I felt like I was abandoning them," explains Melissa Orlando, a Colorado art teacher who gave birth to premature twins. "I did a lot of talking with them, explaining I was going home to sleep."

The next hardest thing is the uncertainty: No one could give us a definitive prognosis for our baby because every premature

child is different.

Dr. Brian Carter, director of the Neonatal Follow-up Program at the Monroe Carell, Jr. Children's Hospital at Vanderbilt University in Nashville, says predicting outcomes for preemies is difficult because treatments are always evolving.

"Many clinicians may be reluctant to saturate a parent's mind with all sorts of potential concerns that sound overwhelming and potentially very negative and frightful," Carter explains. **THE ASSOCIATED PRESS**

3

life

Mommy gifts



Here are some suggestions for thoughtful gifts for moms-to-be.

- Put together an "at-home" spa basket complete with calming oils, bubble bath, classical music, a light-hearted novel and slippers.
- Look for items that have dual purpose, like a backpack, that acts as a baby carrier.
- Get a gift card to a restaurant she's always wanted to try.

NEWS CANADA



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Say hello to a simple, yet exotic, dish

► Serving these mildly spicy lentil spinach fritters with fruit chutney creates an interesting combination

THE CANADIAN PRESS/HO

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA



Canadians are increasingly exposed to many different flavours as a result of sampling foods from around the world.

If you're up for new things, you'll love these lentil spinach fritters.

Ingredients:

- 3/4 cup (175 mL) dried split red lentils
- 3 1/2 cups (875 mL) chopped fresh spinach
- 2 tbsp (30 mL) thinly sliced green onions
- 1 tbsp (15 mL) cilantro
- 1/2 tsp (2 mL) crushed red pepper flakes
- 2 to 3 tbsp (30 to 45 mL) all-purpose flour
- 1 tsp (5 mL) ground cumin
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) baking powder
- 1 garlic clove, minced
- 3 tbsp (45 mL) canola oil, divided
- Fruit Chutney

Preparation:

- 1 In saucepan, cover lentils with water and bring to boil. Reduce heat and simmer for 20 minutes. Drain well.
- 2 In a food processor, add cooked lentils and 3 tbsp (45 mL) of water; process until smooth, scraping sides occasionally. Scrape into bowl.
- 3 Add spinach, green onions, cilantro, pepper flakes, 2 tbsp (30 mL) of the flour, cumin, salt, baking powder and garlic; stir well. Add more flour, as needed, to make a smooth dough.
- 4 In skillet heat 1 tbsp (15 mL) of oil over medium heat. Drop lentil mixture by heaping tablespoons (15 mL) into pan. Cook for 2 minutes on each side. Remove from pan. Cover and keep warm. Repeat with remaining oil and mix. Serve with chutney.

THE CANADIAN PRESS/
PULSE CANADA

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. VISIT EMILYRICHARDSCOOKS.CA.



► This recipe produces 12 fritters.

Making glazed ham look effortless

► This fancy and delicious centrepiece may look like it will take a lot of effort, but this recipe makes it simple

Glazed hams make delicious and extravagant centrepieces for a holiday table or when you have guests over.

But even better than impressing guests, the leftovers can be used in many different meals for quick weeknight dinners.

Preparation:

- 1 Preheat oven to 325°F (160°C).
- 2 Remove ham from package. Place in shallow baking dish, face side down. Add water and bake uncovered for 30

minutes.

- 3 Meanwhile, combine remaining ingredients in a small saucepan and bring to a boil.

- 4 Baste ham with 1/4 of marmalade mixture and continue cooking for 30

minutes or until internal temperature of meat reaches 140°F (60°C), basting every 15 minutes with remaining glaze.

Tip: Try replacing the mango chutney with more marmalade.

NEWS CANADA

Ingredients:

- 1 Schneiders Country Naturals smoked ham
- 1/2 cup (125 mL) water
- 1/4 cup (50 mL) marmalade
- 2 tbsp (30 mL) mango chutney
- 1 tsp (5 mL) lemon zest
- 1 tbsp (15 mL) lemon juice
- 2 tsp (10 mL) mustard
- 1 clove garlic, minced
- Few drops Tabasco sauce
- 3 tbsp (45 mL) brown sugar

NEWS CANADA



► Ham gets a facelift with the use of mango chutney.



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Is there formaldehyde in no-iron shirts? I got a whiff the other day of my husband's shirts and for now the shirts are quarantined.

Melanie of
Edmonton

Your suspicion about formaldehyde in no-iron shirts, also known as wrinkle-free, is spot-on.

I hate to iron as much as the next person, but to make cotton iron-free the fabric is typically soaked in formaldehyde. When you press it flat it becomes wrinkle-resistant. Retailers warn that due to the change in molecular structure of the cotton shirt, the fabric becomes more brittle. This means the life expectancy of your husband's no-iron shirt may be cut by 25 per cent.

If a short lifespan isn't discouragement enough, these low-maintenance duds are impregnated with a cancer-causing chemical. Formaldehyde is found in more than no-iron shirts. It's used in a host of consumer products like air fresheners, nail polish, bed sheets, kitchen cabinets, carpets, furniture — you get the idea. Since formaldehyde is known to emit fumes from products and can be inhaled, avoid it.



David
Suzuki
Foundation

Raising a glass of 'green' beer

► Breweries are turning to cleaner methods of production, from ingredients to packaging



**BEN
KNIGHT**
LIFE@METRONEWS.CA

Green beer is a tradition on St. Patrick's Day. But does "green," eco-friendly beer actually exist? Steam Whistle Brewing in Toronto has made significant steps. Bottles thick enough are reused dozens of times, use no glue or paper labels, and have biofuel in their delivery trucks. On a smaller scale, microbreweries, like Nelson Brewing Company Ltd. in British Columbia, brew in small batches, close

to home, saving big on transportation, storage and environmental damage.

How can the brewing and selling of beer be made cleaner?

"It begins with ingredients," says Sybil Taylor, founder of Steam Whistle's environmental committee. "People are concerned about what they're putting in their bodies. We start with all-natural ingredients, GMO-free, and no preservatives. Packaging is important too. Our green bottle really is green!"

Nelson brewmaster Mike Kelly agrees. "All our beer is certified organic," he says. "With that, you buy into the idea that organic products are cleaner or greener — better for the environment. Better for the farmers, too, because of the sustainability of various ingredients. The beer is simple, and you know what you're getting."

Does organic beer taste better than mainstream commercial brews?

cial brews?

"Absolutely," Taylor enthuses. "There's a refreshing, clean taste because it's naturally carbonated. It isn't gassy, and doesn't make you feel bloated."

Will beer drinkers switch brands for the environment?

"I think they will," says Kelly. "It's really part of a larger movement. My family buys organic food, and we have for years. There's a 20 per cent growth in organic food sales per year — at least in B.C. There's more and more organic beers becoming available. The awareness is there, and people think that by supporting organic products — and beer is one of them — they are supporting sustainable business."

"People are becoming a lot more conscious with their buying power," Taylor adds. "They want to make a difference."

For more information, check out steamwhistle.ca and nelsonbrewing.com.



► St. Patrick's Day isn't the only time of year to find "green" beer. More and more eco-friendly beers are becoming available as part of a larger organic movement.

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Please note, only full-size, working appliances aged 10 years or older will be eligible for rebates. Second refrigerators must be over 10 cubic feet. Appliances will be tested on site. An adult over 18 must be home during the scheduled appointment to sign the appliance release form.

Combat childhood obesity online

Kids sitting in front of their computers are being encouraged to talk, tweet, type and text about childhood obesity.

Leona Aglukkaq was in Toronto last week to launch a national dialogue, along with a new government website — ourhealthourfuture.gc.ca — with links to Facebook and Twitter.

The site will allow children, their parents and others to post ideas on how to eat well and get more exercise into their day.

The country is facing a childhood obesity epidemic, an alarming trend over the last decade, Aglukkaq said.

"Too many of them are overweight, too many of them are obese and it seems to be on the rise among all children, including First Nations, Inuit and Metis children, and this has to be reversed."

Over the last 30 years, the number of obese children has almost tripled in

Canada. In 1970, about one in 10 children was obese. Today, it is one in four.

The World Health Organization estimates three billion people will be obese by 2015.

More children are developing health problems previously seen only in adults, such as Type 2 diabetes and high blood pressure, which can reduce life expectancy, said Aglukkaq.

If the trend isn't reversed, today's children may not live as long as

their parents, she said.

A series of meetings will be held starting later this month to canvass industry, health practitioners, academics, national aboriginal associations, youth, parents and caregivers.

Federal, provincial and territorial health ministers will use the ideas gathered online and at the meetings to devise a plan to tackle childhood obesity at a national summit this fall.

THE CANADIAN PRESS



► The site ourhealthourfuture.gc.ca will allow children, parents and others to talk about eating well and exercising.

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Turning Point

TERESA KRUZE

LIFE@METRONEWS.CA



The giant scale stood firmly in the middle of the modelling agency reception area.

"No more cranberry

MODEL AGENCY

muffins for you," the modelling agency executive told Liis, wagging his finger in her face.

Liis knew that if she wanted to be a model she needed to be skinny but the muffin was all she had eaten that day. Liis left and never went back.

Today, Liis is a successful plus-size model and hasn't looked at a scale with fear since.

Her modelling has taken her all over the world and now working with the Ben Barry Agency, Liis is inspiring young women

to redefine their ideas of size and beauty. "For me, it's important to get young girls to look at beauty and media from a difference perspective."

Several years ago three models died due to the effects of malnutrition.

Liis says the fashion world has reached a turning point and is slowly realizing the average woman isn't a Size 4. Liis and the Ben Barry Agency are leading the way.

"We don't want to be just an agency. We want to be agents of change."



► Plus-size model, Liis.

Tips for fashionable ways to feel good

Liis' advice for young models:

- In diversity there is beauty. You are perfect just as you are.

- Love your body. Your shape/size is only a limitation if you believe it is.

- Banish the word "hate" from your vocabulary and

never use it to describe any part of you!

- Be a voice for change. Tell companies through Twitter, Facebook and emails that you want to see someone like you in its ads and you want to see diversity.

IT'S TRUE, ENGLISH ISN'T MY FIRST LANGUAGE

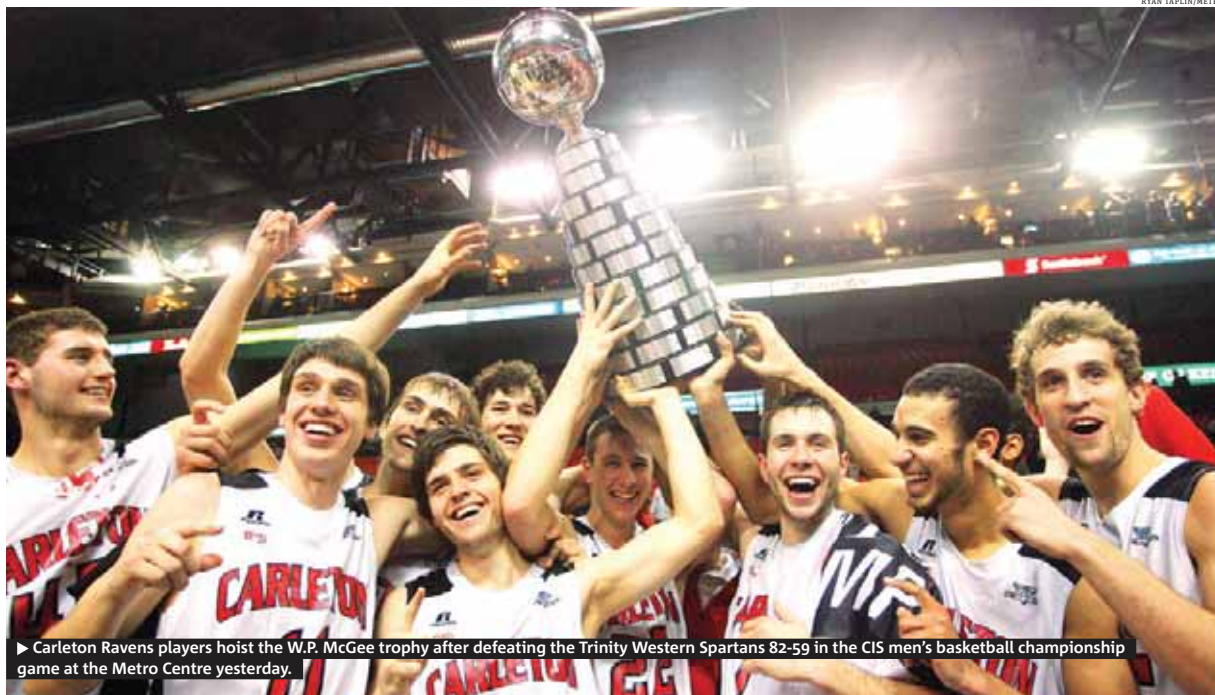
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► Carleton Ravens players hoist the W.P. McGee trophy after defeating the Trinity Western Spartans 82-59 in the CIS men's basketball championship game at the Metro Centre yesterday.

Ravens dynasty continues with CIS finals win

► **Highlights**

► Tyson Hinz, tournament MVP, caps solid weekend with 13 points



MATTHEW WUEST
@METRONEWS.CA

The Carleton Ravens may be visitors in Halifax, but they have full ownership of the hardwood at the Metro Centre.

The Ravens remained the only team since 2002 to hoist the W.P. McGee Trophy at the Metro Centre, winning their seventh Canadian Interuniversity Sport men's basketball title in nine years with an 82-59 win over the Trinity Western Spartans.

Their impressive run of dominance began in 2003 with five straight title wins in Halifax before they took the tournament to Ottawa and won one championship in three attempts as hosts.

"Always dig in, never give up," said tournament MVP Tyson Hinz, of the mentality fans have come to associate with the

"We really keyed on their inside play. We thought that that's what was going to beat us and we overdid it a little bit. You've got to give it up to them."

TRINITY WESTERN FORWARD KYLE COSTON

Ravens.

"If we fight for 40 minutes and lose, so be it. The thing is, if you fight for the full 40, you have a good chance of winning."

The Spartans, a wildcard entry making their first Final 8 appearance, couldn't handle the resilient Ravens from the get-go.

With a boisterous pock-

et of Carleton fans among the 3,407 in attendance, the Ravens jumped out to an 18-point lead, 49-31, at halftime, and used their nation-leading defence to keep the Spartans at bay from there.

But it was their incredible three-point shooting that made the difference. They hit seven of their first 11 from beyond the arc

and finished with a single-game tournament-high of 16 three-pointers.

"We know we're a good shooting team," said Hinz, whose Ravens shot a CIS-best 40.5 per cent from long range this season. "If we're confident in our shots, we let them fly, and usually good things happen."

The Ravens were in such solid control, the celebration started with three minutes to go as head coach Dave Smart subbed out his starters.

Smart called Halifax a "first-class" host and said being on the road helped his team "get away from the distractions."

"Having the tournament in Ottawa, all the support is unbelievable, but it's hard on 19-year-old kids," Smart said. "From a focus standpoint, nobody paid much attention to us ... We holed up on our own and got some things done."

► Carleton and Trinity Western had two tournament all-stars each: Elliot Thompson and Tyson Hinz for the Ravens and Kyle Coston and Jacob Doerksen for the Spartans. Saskatchewan's Jamelle Barrett got the fifth spot. ► Hinz was also named tournament MVP.

Facts and figures

► The three-day Final 8 attendance of 20,504 was the lowest on record at the Metro Centre, slipping under the previous low of 22,745 set in 1997.
► Dal's Simon Farine took home the R.W. Pugh Fair Play Award.

Dalhousie Tigers look to attract players this off-season

With the Simon Farine era over for the Dalhousie Tigers, a critical recruiting off-season lies ahead for head coach John Campbell.

The Tigers, who finished sixth at the Canadian Interuniversity Sport Final 8 men's basketball championship after falling 91-79 to the Saskatchewan Huskies in Friday's quarter-finals, are losing four key players to graduation: Farine, an all-Canadian, Atlantic all-star Joe Schow, starter Sandy Veit and sharpshooter Peter Leighton.

"We have to be able to attract players who can compete at the highest level and hopefully we can continue to be a player on the national scene," said Campbell, won two Atlantic University Sport titles with Farine.

Helping Dal's cause will be Halifax's Casey Fox, who red-shirted this season after transferring from Acadia. The six-foot-four guard won AUS rookie of the year in 2008-09.

"From an offensive perspective that gives us another weapon and if some of the other guys continue to improve, we can have a good team next year," Campbell said. "But we've got to add some pieces."

► MATTHEW WUEST

4
sports

More sports



The Halifax Rainmen's 110-84 road loss to the Lawton-Fort Sill Cavalry on Saturday was costly on two fronts. Not only did it drop them to 8-7 and into a tie with the Rochester RazorSharks for the fourth and final Premier Basketball League playoff spot, they also lost top scorer Josh Dollard to a calf injury. Dollard said on his Twitter account he could be out "two to three weeks."



Scan code for more sports

Manitoba takes national curling championship

► 'This is what we were here for and we did it': Stoughton

Skip Jeff Stoughton has been cool, calm and confident all week at the Tim Hortons Brier.

With rock-steady curling from his Manitoba rink, he had every reason to be. Stoughton was in control throughout the round robin and simply got stronger at playoff time.

Last night he earned an 8-6 victory over Ontario's Glenn Howard in the championship game.

"There is nothing better than this feeling right now," Stoughton said. "We said we were going to win this thing right from the get-go."

"I couldn't be prouder of my team. Just awesome."



► Jeff Stoughton, top, with coach Norm Gould.

Stoughton was in control after hitting a clutch double takeout for two points in the eighth end. Howard scored two in the ninth to make it a two-point game but Stoughton

hit another double takeout in the 10th to blank the end and win it.

It was Stoughton's third career men's national curling title and his first since 1999. He will represent Canada at the world men's curling championship April 2-10 at Evraz Place in Regina.

"We're going to put the Maple Leaf on our back and we're going to rock out in Regina," Stoughton said.

Earlier, Newfoundland and Labrador's Brad Gushue defeated Kevin Martin's Alberta rink 10-5 in eight ends to capture the bronze medal. Martin won Olympic gold last year at the Vancouver Games.

THE CANADIAN PRESS

Mooseheads avoid worst-case playoff matchup scenario

The Halifax Mooseheads have avoided the nationally top-ranked Saint John Sea Dogs in the first round of the QMJHL playoffs after a weekend split on the road.

The Mooseheads, who beat the P.E.I. Rocket 4-2 on Friday with a hat trick from Martin Frk but lost 5-1 to the Bathurst Titan on Saturday, clinched 15th overall ahead of the Cape Breton Screaming Eagles.

The split leaves the Mooseheads with a 20-41-1-3 record for 44 points, leaving the Screaming Eagles (17-44-1-4, 39 points) to face the Sea Dogs in the first round.

If the season ended today, the Mooseheads would face the second-place Montreal Juniors, but the Juniors can still be passed by the Quebec Remparts and Drummondville Voltigeurs.

The Mooseheads, whose results the rest of the season will have no

impact on the standings, return home for the final three games of the regular season starting Wednesday against the Moncton Wildcats.

● MATTHEW WUEST

QMJHL Standings

	W	L	S/O	P
SAINT JOHN	56	6	3	115
MONTREAL	44	11	10	98
QUEBEC	46	16	4	96
DRUMMOND	44	15	7	95
GATINEAU	41	17	8	90
BATHURST	42	21	3	87
SHAWL	40	23	3	83
LEWISTON	38	24	4	80
VICTORIAVILLE	35	27	4	74
MONCTON	32	23	10	74
P.E.I.	31	25	9	71
CHICOUTIMI	27	27	12	66
RIMOUSKI	30	31	4	64
VAL D'OR	25	33	8	58
HALIFAX	20	41	4	44
CAPE BRETON	17	44	5	39
BAIE-COMEAU	12	45	9	33
R-NORANDA	11	49	6	28

March Madness for Johnson

Pictou's Bryson Johnson will be on the floor for March Madness.

The six-foot-one guard dropped 15 points to lift the Bucknell Bison to a 72-57 victory over the Lafayette Leopards in the Patriot League final on Saturday.

Johnson was a second-team Patriot League all-star this season, averaging 11.7 points per game and finishing fifth in the country with a .468 three-point field-goal percentage on 94-of-201 shooting.

He is believed to be the second Nova Scotian to make a March Madness appearance, joining Corey Hallett of Sandy Point, Shelburne Co., in 2006 with Monmouth.

● MATTHEW WUEST

X-Men even series with V-Reds

The St. Francis Xavier X-Men are tied 1-1 with the UNB Varsity Reds in the Atlantic University Sport best-of-five men's hockey final. The X-Men beat the V-Reds 2-1 in double-overtime on Saturday after losing 3-2 in overtime on Friday.

● METRO

X-Women lose final to McGill

The St. Francis Xavier X-Women fell short of a Canadian Interuniversity Sport women's hockey championship in Waterloo, Ont., last night, falling 5-2 to the McGill Martlets in the gold-medal game. It was the best-ever finish for an Atlantic University Sport team at nationals.

● METRO

NHL

GMs meet amidst outcry

NHL general managers will find themselves in the eye of the storm in Florida this week.

With the outcry over concussions grown to a fever pitch, the GMs will gather for their annual meetings today until Wednesday under some pressure to deliver a message about the state of the game.

They've spent considerable time grappling with concussions and illegal hits — developing Rule 48 outlawing blind-side head hits at these meetings a year ago — and won't necessarily conclude this session

with any new measures to propose.

If anything, the divide between those involved in the sport and those on the outside will likely be highlighted during the meetings in Boca Raton.

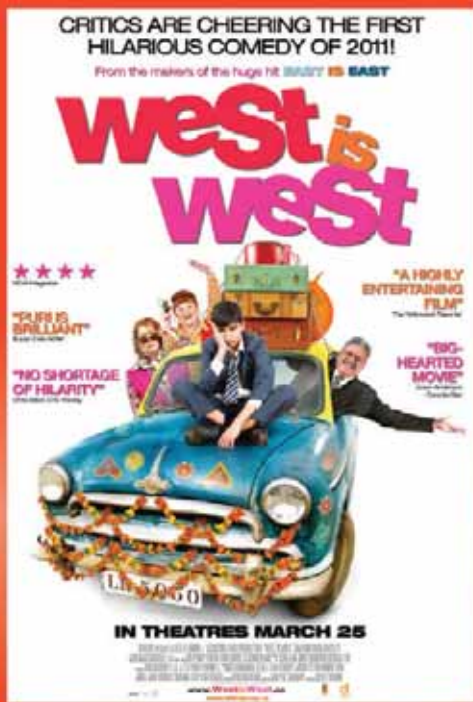
In the wake of the devastating head and neck injury suffered by Montreal's Max Pacioretty, calls for more safety came from all corners.

It was more difficult to detect a desire for change from those who have spent a lifetime in the game.

"Every time there's an injury, we're running around trying to address the specific injury," Maple Leafs coach Ron Wilson said over the weekend.

"We're playing a contact sport, people are going to get hurt."

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Community Events



LIVE AUCTION - Fund Raiser
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Spiritual

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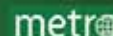
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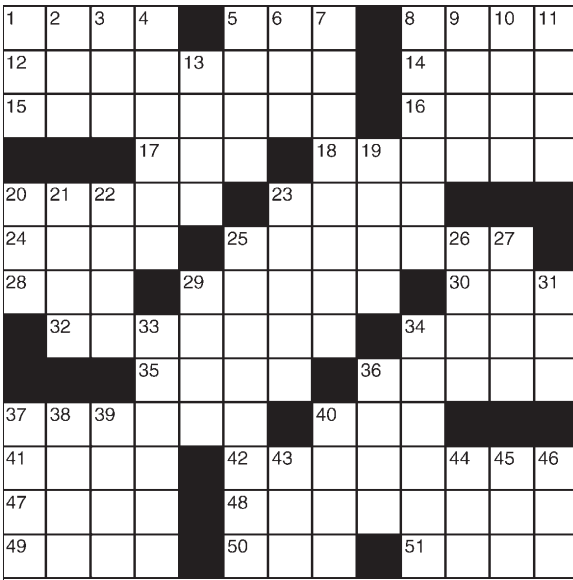
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Crossword

Across

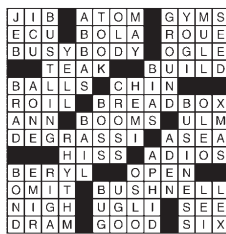
- 1 Watched
5 Taxpayer's addressee (Abbr.)
8 Injure
12 Mexican street band
14 Piece of work
15 Small prison cell
16 — fide
17 Comedian DeLuise
18 Family name on both "Full House" and "ALF"
20 Censor's sound
23 Mattel subdivision
24 Ointment
25 Lockable money container
28 Syllable often following a dot
29 Donny's sister
30 Martini ingredient
32 Orator's perch
34 Clench
35 Longtime baseball pitcher Jim
36 "... — finest hour"
37 Lowly servant
40 Exist
41 Thing
42 Television set
47 Wound cover
48 Lone
49 "Comin' — the Rye"
50 Booker T's backup band
51 Courtroom cry
Down
1 Type squares
2 Deviate off course
3 Before
4 Crown
5 Nuclear weapon



- (Abbr.)
6 Letter after pi
7 Famous route
8 Mingle (with)
9 "Once — a time"
10 Mysterious letter
11 Despot
13 On
19 Liniment target
20 English channel?
21 Cambodia neighbor
22 Ticklish Muppet
23 Fortune-telling deck
25 Occult doctrine
26 Shrek, for example
27 Romans' unlucky number?
29 Film-rating org.
31 "All Things Considered" aier
33 With hands on hips
34 Urban subsection
36 "Star Trek: TNG" role
37 Waterfall effect
38 Engrave
39 Approach
40 Isn't healthy
43 Pooch
44 Biscay or Biscayne

- 45 Raw mineral
46 Alphabet ending

Weekend's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Weekend's answer

8	9	1	2	7	3	6	4	5
3	2	6	4	5	8	7	9	1
5	4	7	1	9	6	3	2	8
6	8	2	3	4	7	1	5	9
7	3	9	8	1	5	4	6	2
4	1	5	9	6	2	8	7	3
9	7	8	5	3	4	2	1	6
2	5	4	6	8	1	9	3	7
1	6	3	7	2	9	5	8	4

Send a KISS

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Vladushka, I'm getting enough of this relationship, I don't want to be your boyfriend anymore... Will you marry me? Mi amor, let me warm up your cold nights, let me brighten your life. Siempre tuyo, **MARIANO**

Dale You give me chills everytime you come near me. Keep sticking to your diet!! You get sexier every day! **BRUCE C.**

RyeRye; I've never felt as close to you as I do now.. Feels like I just met you all over again! You're everything to me, baby! Let's keep our love growing. I love you. **MZTHORNHILL**

Laura <3 BaBy all u need to know is that I love you soo much! I will love you forever! It's been the happiest year in my life!! ;) <3 **DJ ATOMICZ**

Today's horoscope

♈ Aries March 21-April 20 You may be tempted to force someone to give you what it is you desire but if you do your efforts will backfire. Persuasion is the key to success this week.

♉ Taurus April 21-May 21 If you don't feel like making an effort today there is no point pushing yourself. Focus on activities that make you feel good about yourself and let the rest take care of itself.

♊ Gemini May 22-June 21 You don't have to shout to make yourself heard. In fact the planets indicate that the louder you yell over the next 24 hours the less likely it is others will listen to you.

♋ Cancer June 22-July 22 You

know how to move fast when there is money at stake but there is a danger you could move too fast for your own good today. Most likely it's because greed has got the better of you. Think again — and slow down.

♌ Leo July 23-Aug. 23 The most important thing this coming week is that you do what makes you happy, not what makes other people happy. You may be generous by nature but you have needs and desires too.

♍ Virgo Aug. 24-Sept. 22 Don't worry too much if you find it hard to understand what is going on around you today — on this occasion ignorance is bliss. If you get caught up in other people's affairs you may not be able to find a way out again.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 If others make negative comments about what you are trying to do it's only because they fear you might succeed. The more criticism you get today the more you can be certain you are doing something right.

♏ Scorpio Oct. 24-Nov. 22 A week or so from now you will get the opportunity to take a break, but today you must push yourself as hard and as fast as your mind and body can take you. Go the extra mile.

♐ Sagittarius Nov. 23-Dec. 21 You can, if you wish, sit back and let things happen but will you be satisfied with the results? Probably not. Get out of that armchair and put yourself about a bit.

♑ Capricorn Dec. 22-Jan. 20 You're pulling your punches a bit. Certain individuals are not getting the hard ride they clearly deserve. Allow yourself to get angry, even if it's mainly an act. Others will respect you more if they think you are serious.

♒ Aquarius Jan. 21-Feb. 18 If something you value goes out of your life today don't get too upset about it, because it is making space for something even more valuable to come in.

♓ Pisces Feb. 19-March 20 You'll be in a generous mood as the new week begins, eager to share your own good fortune with those you live and work with. But keep a little in reserve. You know how quickly things can change. **SALLY BROMPTON**

Caption contest



"I don't understand what people have against double dipping"

ADAM

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